



The InSpirit Newsletter

with Shaman Healer
LYNN ANDREWS

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MYSTERY SCHOOL

ONLINE COURSES

VIDEO WORKSHOPS

WRITING SPIRIT
THE SCHOOL

COUNCILS OF THE
WHISTLING ELK

BOOKS

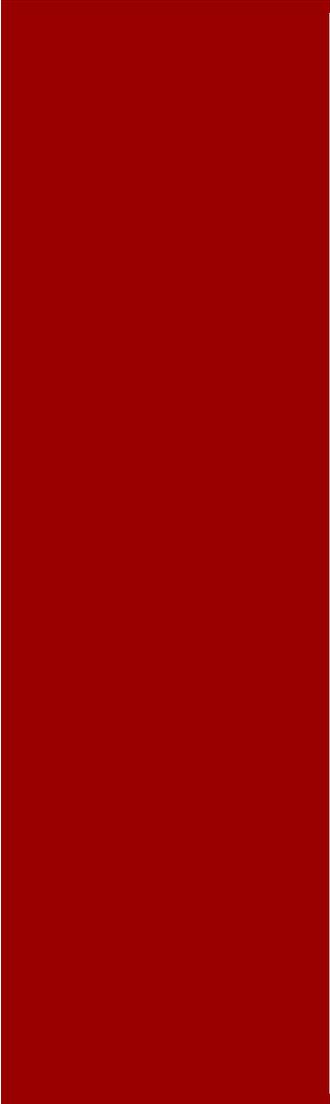
“We are only transformed by the process of love. It’s all we have, and it’s all that we are. Without that, we have nothing and we are nothing.” [Sin Corazon, in “Dark Sister”]

My Dear Friends,

I’ve just returned from our gathering at the Omega Institute in New York State, where we explored Standing at the Crossroads of Power. The trees were filled with glorious color, as their leaves showed another aspect of their beauty before giving way to transformation and falling to the forest floor below. Such a powerful time to do such powerful work.

As I returned home, I am filled with excitement for the work still ahead of us, as we each continue our own journey through transformation, showing new and beautiful aspects of ourselves. I thought about how quickly this year has gone, and how, once again in just a few weeks, we will be celebrating the graduation of another class of Apprentices who have successfully completed their four years in the Mystery School. Soon it will be time for the next new group of Apprentices to step forward and claim the Mystery School as their own act of power, and the cycle of transformation into love and power will continue.

Our next gathering is quickly approaching, and I hope you will join me in Hawaii for a beautiful retreat of renewal and rejuvenation as we delve into our own creativity, inspired by the Ancient Spirits of Hawaii and around the world. We will gather in early December, and what better gift



can you give yourself at this time of celebration than to open new gateways to fill your life with joy?

Our last course of the year in my Online Academy is also a beautiful reflection of this time of year with “The Alchemy of Transformation: The Four Directions of Relationships.” I remember sitting with Agnes, Ruby and Jaguar Woman in Guatemala, talking about relationships, and how love and power deepen and enhance our relationships, when we allow them to.

“A person of power, like you, Lynn,” Jaguar Woman said, “is looking for a very special person who is spiritual, a person who understands power, magical realms, dreaming. He doesn’t have to be all that you are, but he must understand your power and respect it. Most important to you, I think, is respect. Somebody who knows who you are, who maybe doesn’t follow you down all those trails. And I think that’s what we’re all looking for, no matter who we are in life. We need someone whom we can respect and who can respect us, even if our lives are vastly different. Sometimes that makes life very interesting.”

Isn’t that true for all our relationships – we want friends who respect us even if our path may be different than theirs. We want a partner in life who understands us, and supports us through their respect for who we are as well as what we do in the world. How do we find those relationships as we transform and move more deeply into our own power? Do we have to create them from scratch, or

can we also transform the relationships we already have? I hope you will join me as we explore this during our new four-week online course.

Albert Einstein once said, *"You cannot solve a problem with the same consciousness that created the problem in the first place."* How often do we keep repeating the same old patterns in our relationships with others, and wonder why we can't seem to find or hold onto love and trust?

As we move into this beautiful Autumn season, it is fitting to reflect on our own transformation over this past year, and how it is affecting our relationships – with ourselves, with our partners, with family and with friends. What colors are you becoming? And what are you ready to give away and allow to fall to the forest floor below?

I wish for all of you during this season of change that you may find inspiration in nature around you, see new ways of looking at the same old things in your life, and expand your consciousness to allow creative solutions to transform your life and your love.

In love and spirit,

A handwritten signature in black ink, appearing to read 'Lynn', written in a cursive style.

Our relationships are profoundly strong influences in our lives, the good ones as well as the troubled. How we act and react in those relationships is intimately tied into our own sense of self worth, personal power, well-being and our ability to influence the world around us. It is a matter of what we bring into those relationships, including our attitudes and our expectations of what it “should” be all about. When we transform the way we handle a negative or unhealthy relationship, we discover that we are able to move to a higher appreciation of life.

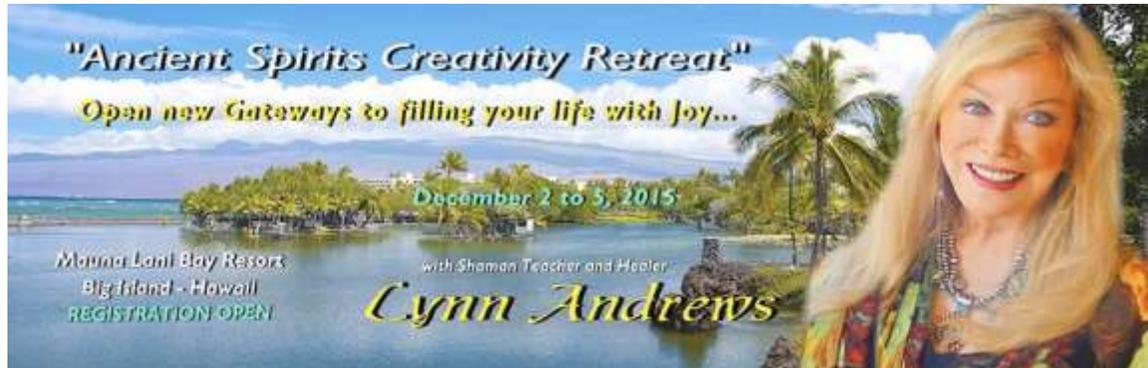
We create our relationships through our consciousness and expectations – both the good ones and the un-healthy ones. So how do we step out of the “I – me – me” of a relationship, and transform it without giving away all of our power and majesty?

The Four Directions of Relationships are entwined with the art of Sacred Communication. Our bodies and minds communicate every moment of our lives, but how often do we set our intent towards relating to others from our most sacred self, our Spirit? In this course we will approach the beauty and power of communication from the four directions, learn how to see the symbols we use and communicate each day in new ways, and remember the importance of being a truthful mirror to others. As we reflect on our relationships with others, we must in fact reflect also on our relationship with ourselves with honesty and compassion.

Legend tells us that Spider Woman wove up the world with fibers of light and power so that a great web was created around the Earth. In many ways, the internet mirrors the strands of Spider Woman’s web, and offers us a tool for communication, which we will use in our Sacred Forum working group, a secret Facebook group created just for the members of our community who are taking this course. Begin to see your communications, both positive and negative, like a web of luminous fibers reaching out to others, creating relationships, and spreading far and wide, even beyond your own horizons. What you say, think, intend and do, are all part of how you communicate, and have great power and meaning. By strengthening our communication with others through our intent, we transform our relationship with them in a balance of love and power.



REGISTER NOW!

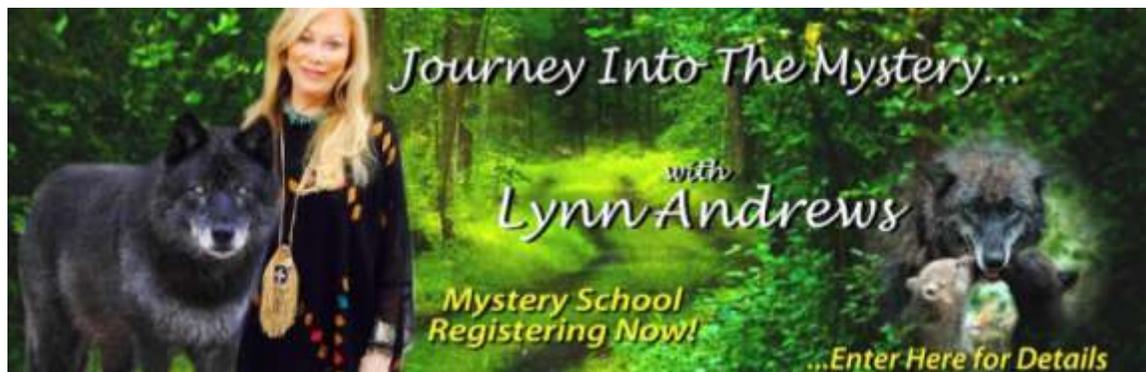


In the shaman's world view, there is a Spirit of Creativity within all of us that is our direct connection with the wisdom and mystical vision of the Ancients and the Masters of Enlightenment. **Whatever you do in the world, whether you are engaged in artistic endeavors, commerce, parenting, when you unlock the limitless potential of your own creative vision, you discover that dynamic new avenues open to you.**

The key to finding successful fulfillment in life is through *activating the Spirit of your Creativity* and then giving it voice and form in all your endeavors, no matter where you are or what you do on this magnificent walkabout with Mother Earth.

Through the practice of active dreaming, meditations, ceremony, and lectures, we will connect with our emotions and feelings in a way that we can actually see them, work with them, and begin to transform them using shamanic practices and tools. **Join us for sacred theatre, sacred art, movement and dance** as you create your own sacred tools which will teach you discernment and how to speak your truth. **You will receive teachings, meditations and tasks in the shamanic use of rhythm and movement, sound, word-play and sacred art** as you explore a new vision for living and discover the great joy of allowing yourself to try something new.

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Such exciting times in our Mystery School! The First Year Apprentices are wrapping up their first year, and looking forward to the mysteries that await them at our Storm Eagle gathering next month. Second Year Apprentices are finishing up their beautiful tools, anxious to share them with each other at Storm Eagle, and to use them in our Healing Ceremony. Third Year Apprentices are preparing for their Marriage Ceremony with their Spirit Mate, a transformation and celebration of their integration of Self-to-Self. And our Fourth Year Apprentices are pulling together all the work they have done over the past four years to present to Lynn as their last task before Graduation. Everyone is bubbling with excitement as our year draws to a close in November.

Early Registration is now available for you to join this amazing school. Through my Shaman Teachings, which grow out of my four decades of experience with the Sisterhood of the Shields, shaman healers from indigenous cultures on four different continents, about which I have written 20 books, you will:

- Free yourself of guilt and low self-esteem;
- Learn how to heal negativity in relationships; heal grief, emotional upset and the distractions of the modern world that bring so much chaos into our lives, and then you can help others do the same if you choose to become a shamanic practitioner;
- Create Personal Ceremony to connect with the life force that comes from having an intimate relationship with the Great Spirit, God in whatever way you understand Sacredness. This life force is the energy of power – the power to accomplish the things in life that bring you a sense of satisfaction, fulfillment and abundance, abundance of spirit as well as abundance in the physical world;
- Move into Oneness and harmony with Mother Earth and the world around you as she shows you how to heal your life. As you heal your life, you return healing to our great First Mother, which she so urgently needs.

You learn to go into the energy within and around you, the animating force of our universe, to look at your life from a circular perspective so that you can see the *whole picture* before you make and act on the important decisions of your life. My power

animal is the Black Wolf, and this is **The Way of the Wolf**. In the way of the wolf, you circle the teachings, moving into your own position of power so that it becomes a natural process of gathering your strength and sharpening your perceptions whenever you stand at a crossroads in your life where decisions must be made and acted upon.

Please join us next year, and give yourself a gift of power and love. I so look forward to working with you.

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I have so often told you, that truth is found in the space between the words. In my **Writing School**, you learn how to go into that space to find the kernels of truth you have planted through your own choice of words and ideas. So often we don't realize the full import of what we are saying until we've already said it. As you begin to stalk the truth between the words, magical and wonderful things begin to happen!

I hope, as you consider what your Act of Power will be for next year, that you will join my Writing School – it will be a gift to yourself that you will cherish forever!

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We are the Miami Council of the Whistling Elk. The photo below is some of us at our September Gathering, 2015. We meet monthly, exploring the beautiful teachings of Lynn Andrews and the Sisterhood of the Shields.

The task we assigned ourselves we call "Gateway to Manifesting our Dreams" to set our intentions on what we want to manifest from our life dreams. We each created our own small Gateway Altar, shown in front of us in the picture below, to remind us daily of those dreams. To enhance our intentions we each drew a personal teaching card from Lynn's Power Deck. This task was all around big fun and everyone took theirs home.

We like to read from Lynn's book at every meeting. This month we read from -Walk in Spirit -Walk in Balance and Star Woman. The teachings from the Sisterhood of the Shields resonate with us in a way that empowers us from their shared wisdom, love and humor. The council tasks are funded through our group donations and our pot luck dinner is what sustains us nutritionally throughout the evening.

Hugs, laughing, quiet times of meditation, creative tasks and our prayers at these gatherings is the glue that has kept us going for some 20 years now. Maybe you would like to join us next time you are in Miami. To our Kindred Spirits Brothers and Sisters in councils around the world we stand with you in our prayers for Love and Power. Thank you Lynn for all you do on our behalf, forever we send you our deepest gratitude.

Namaste!

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